

# **AIR FRYER COOKBOOK** **FOR BEGINNERS**

**7 HEALTHY RECIPES FOR  
BREAKFAST**



**NICOLE SLETTEN**

# **Air Fryer Cookbook for Beginners *7 Healthy Recipes For Breakfast***

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## Introduction

I want to thank you for choosing this book, *'Air Fryer Cookbook For Beginners: 7 Healthy Recipes For Breakfast.'*

The air fryer is certainly a cooking revolution. You can prepare different kinds of food in the fryer in a few minutes and with either minimal or no oil! An air fryer is a very easy gadget that can be used by everybody, even if they do not know how to cook. The book gives you a basic idea of what an air fryer is and how it can be used.

There are seven delicious breakfast recipes in the book that are easy to follow. These recipes can be made with minimal or no oil and take very little time to prepare.

Thank you for purchasing the book. I hope you enjoy the recipes.

## Chapter One: Air Fryer 101

An air fryer has taken the place of a pan and a skillet in the kitchen. People across the world are using this appliance to prepare healthy meals. If you are someone who has never used an air fryer before, you should definitely start. Air fryers were first introduced in Australia and Europe in the year 2010, by Philips. The appliance has become an essential part of every modern kitchen and is used in different ways for different cuisines.

## **What is an air fryer?**

An air fryer, to put in simple words is a device that uses hot air to cook or 'fry' food. The technique that is used is called Rapid Air Technology. Hot air is produced within the appliance, which is circulated throughout the device using a fan. This helps to reduce the amount of oil or butter that is used to cook food thereby reducing the caloric content of the food that you consume. This kitchen appliance has become very popular and is one of the most sought-after kitchen appliances because of its versatility.

It is very easy to use an air fryer, and someone with little knowledge or no knowledge of cooking will be able to use this appliance with ease. This appliance is very useful for those who need to prepare food that is healthy very quickly. An air fryer functions on two types of technology – the Maillard reaction, and the Rapid Air Technology.

## **What is the Maillard reaction?**

The Maillard reaction that occurs in the air fryer helps to cook the food thoroughly. It is a chemical reaction where the sugars and amino acids in the food react together to develop a unique and 'fried-like' taste. This reaction also plays an important role in baking by giving baked goods the distinct flavor and color. It is for this reason that the air fryer can be used to bake as well.

The science behind the Maillard reaction is quite sophisticated. It can cook a variety of products in little time. It softens the insides of the food items while gives a tasty crust outside, thus mimicking the effects and taste of baked products quite effectively. The temperature of air within the fryer can be very high depending on how efficient the Rapid Air Technology is within that model.

The Maillard Reaction and the Rapid Air Technology help in making the appliance useful to cook different kinds of food in different ways. Let us take a look at a few common ways to use the Air Fryer.

### ***1 Baking Foods***

Everyone loves baked goods. However, not everyone is patient enough to make them in a large oven. The air fryer comes as a savior here. You can bake in the fryer just like a traditional oven and in half the time. The baked product is as tasty as the one that you would make using an oven. Many new models of the air fryer come with special attachments that allow you to bake with ease. Most of the baking recipes for the air fryer do not take more than 20-40 minutes. It is easier to bake in an air fryer when compared with using an oven.

### ***2 Frying Foods***

The air fryer can turn out crisp, delicious, deep-fried foods with minimal or no oil which ensure that the food is not too greasy or oily thereby cutting the calories in the food you prepare. In most of the cases, the air fryer can fry foods with zero oil. However, there are a few recipes where you need to apply a light brushing of olive oil or butter on the food items like chips. This is perhaps the main reason why the air fryer has gained popularity as it allows people to indulge in their food-related fantasies without caring about calories.

### ***3 Roasting***

People often use the air fryer to roast the ingredients you use for different recipes. An air fryer reduces the roasting time to half in most of the cases. As the name suggests, the fryer uses the rapid hot air technology to roast the ingredients. You will not have to go back to the conventional cooking methods to prepare your food to perfection.



#### ***4 Grilling Foods***

Grilled foods are some of the most popular food items out there. But, it takes a while to make food using a grill since you will need to use heavy instruments. An air fryer makes the job simpler. You will not have to adjust or manage the temperature in the air fryer. All you will need to do is put the ingredients in the fryer, and you will have grilled food items in no time. You don't need to flip certain foods, just give the basket a shake half way through the cooking time, and you are good to go.

Improved versions of the air fryer have been launched with special separators that allow you to cook different ingredients at the same time. You can now cook your veggies along with the meat without and serve the dish hot.

## Precautions

Though air fryer is one of the safest kitchen appliances out there, it is important to be cautious while using it.

● The fryer is devised to 'fry' food in the least amount of oil possible. This means that you should never use a large amount of oil when cooking something in the device. The gadget can catch fire if you pour in too much oil. You can definitely add a few drops of oil while cooking but always avoid using too much oil. If you still somehow add too much oil, switch off the device as soon as possible and let it rest. Once the device is cool enough to handle, just blot the extra oil using a tissue or kitchen towel ● The essential thing to do before handling or starting the air fryer is going through the instruction manual supplied by the manufacturer. The manual provided by the manufacturer often contain minute details regarding the workings of the air fryer and hence, it is an essential asset for everyone who wants to use the fryer.

● One thing that everyone should keep in mind while using an air fryer is that the external surface of the device can get extremely hot when it is working. The machine uses extreme temperatures to cook food and hence it is obvious that the device gets hot all over. Although using the device is child's play yet it is highly recommended to keep it away from children. It is also recommended to keep pets away from the device when it is working. The person who is cooking should avoid touching the external parts of the device as well.

● Roll the cords after you have finished using the device. Keep the bundled cords away from the hot device as it may cause problems with the cords. Many new machines come with hooks and handles, designed specifically for the cords, use them.

● Do not open the fryer if the timer is running. If you open it midway it may cause burns and splashes. If you need to change the time or want to add something to the fryer it is better to switch it off first and then opening it.

● Do not plug the device into the wrong ports. Compare the requirements of the device with the electric outlets in your house. Mismatched outlets can burn up your device.

● Do not use the device if your hands are wet. Always dry your hands carefully before handling the fryer. Wet hands can cause a short circuit or an electric shock.

- Do not touch the cord of the machine while it is running. A malfunctioning wire may burn or shock you. Keep the cord away from the device as it may catch fire due to the extremely hot external surface of the device.
- Never put the body of the gadget in water or under running water. The body is not waterproof and water can damage the internal mechanism of the device. If you want to clean the gadget do so with a wet tissue or cloth. Do not clean it when it is plugged in.
- Do not play around the outlet and inlet of the gadget. It may lead to bad tasting food and in worse case scenarios, fire, and other accidents.
- Always keep the device on a flat surface. An uneven surface will result in uneven cooking. The device may even topple down due to the unevenness. Do not keep the device too close to the edge of the surface as it may tumble down.
- Always wait for about 30 or more minutes before opening the device to clean it. Do not hurry; let the device cool down. Cleaning instructions are often mentioned in the manual provided by the manufacturer. You can also find in-depth cleaning instructions in this book.
- If the appliance is malfunctioning, do not open it or try to repair it on your own. It is always recommended to visit an authorized person for all the repairs. Do not contact an unauthorized person for the repairs as it will void your warranty and may even damage your device.
- Do not continue using the fryer if a part is not working properly or is damaged. Replace the faulty part as soon as possible and do not use the fryer in any way until the part is repaired or replaced.

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## Chapter Two: Breakfast Recipes

### Tortilla Sandwiches with Mint and Mango Salad

Time-30 minutes **Ingredients** *For filling* ● ½ avocado (peeled and pitted) ● 8 tortillas, fresh ● 3 oz. Baked Tofu ● 1 1/2 oz. cheese, grated ● 1 teaspoon butter

*For Mango and Mint Sauce* ● 1 tablespoon mint (freshly chopped) ● 1 teaspoon minced cloves ● ½ yellow onion ● 1 mango (ripe) ● 2 fresh jalapenos ● 1 tablespoon lemon juice ● Sea salt, to taste

**Method** *For Sauce:*

1. Remove the peel of the mango followed by the seed. Dice the mango and set aside.
2. Finely chop the onion and keep it aside. Now, cut the jalapenos and set aside.
3. In a large mixing bowl combine all the ingredients and mix well.

*For Tortillas:*

1. Preheat the fryer to 390 degrees Fahrenheit.
2. Scoop the flesh of the avocado and place it in a bowl. Mash the flesh until it has become a paste. You can have a few lumps if you want.
3. Spread the mashed avocado on the four of the tortillas.
4. In a large bowl, crumble tofu and spread it evenly over the avocado on each tortilla. Now, add the crumbled cheese to the tortilla and cover the four tortillas with the remaining four tortillas to make a sandwich.
5. Cook the sandwiches in the air fryer one at a time for about 10-20 minutes or until the tortilla turns golden brown.
6. Flip and cook for another 10 minutes.
7. When all are done, cut the tortillas into four or six pieces and serve hot with the mango and mint salsa.

## Egg and Tofu Breakfast Burritos

Time-45-60 minutes **Ingredients** ● ½ tablespoon tamari ● 1 very small head broccoli (cut and sautéed) ● A handful of mixed greens ● 2 tortillas ● 1 tablespoon water ● 1 tablespoon liquid smoke ● 2 stalks fresh asparagus ● 1 bowl vegan eggs (scrambled and seasoned) ● ½ cup tofu scramble ● ½ tablespoon cashew butter ● 4 strips roasted red pepper ● 1 sweet potato (roasted and chopped)

### Method

1. Preheat the air fryer to 390 degrees Fahrenheit.
2. Line a heat-resistant dish with butter paper.
3. Add the cashew butter, tamari, liquid smoke, and water in a bowl and mix the ingredients well together.
4. Segregate all the remaining fillings into bowls to assemble the burrito.
5. Take a tortilla and add all the fillings one by one to it. Wrap the tortilla around the mixture like a burrito.
6. Dip the burritos in cashew butter mixture and arrange them in the prepared dish.
7. Place the dish in the cooking basket of the fryer and cook for 8-12 minutes at 200 degrees Fahrenheit or until crisp.
8. Serve hot with sauce.

## Omelette Stuffed with Tofu and Mushrooms

Time-35 minutes **Ingredients** ● ½ cup silken Japanese tofu (sliced) ● 3 clove garlic (minced) ● 1 onion (finely chopped) ● 2 eggs (beaten) ● ½ cup Shimmied mushrooms (fresh and sliced) ● Salt to taste ● Pepper, ground, to taste ● Cooking spray

### Method

1. Preheat the fryer to 350 degrees Fahrenheit.
2. Place a heat-resistant dish in the cooking basket and prepare it using the cooking spray.
3. Place the onions and the garlic at the base of the dish.
4. Let the onion and garlic roast for four minutes.
5. Once done, add the mushrooms and tofu to the dish.
6. In a bowl whisk eggs, pepper and salt together. Pour this mixture over the ingredients in the dish.
7. Slide the dish in the fryer and cook for about 20 minutes or until the eggs are done.
8. Insert a knife through the egg to see if it has been cooked fully. If the knife comes out clean, the egg is ready to be served.
9. Serve hot.

## Spinach, Mushrooms, and Bacon

Time-40 minutes **Ingredients** ● 2 chipolatas ● 2 bacon strips (smoked) ● 1 bowl spinach leaves ● 4 tomatoes (halved) ● 4 chestnut mushrooms ● 1 clove garlic (minced) ● 2 eggs

### Method

1. Preheat the fryer to 390 degrees Fahrenheit for five minutes.
2. Add mushrooms, tomatoes, and garlic to a bowl.
3. Drizzle a little olive oil over the ingredients and season them. Place the seasoned ingredients in a heat-resistant pan.
4. Add the bacon and chipolatas to the pan and place the pan in the cooking basket.
5. Cook for 10-12 minutes.
6. Place the spinach in a microwave-safe bowl and wilt it in the microwave. You can also make the spinach leaves wilt by pouring hot water over the leaves.
7. Remove the baking pan from the fryer after 10 minutes and add the spinach to the tin.
8. Crack open the eggs in the pan.
9. Gently place the pan once again the cooking basket of the fryer and slide it in.
10. Reduce the temperature to 320 degrees Fahrenheit and cook for 5 minutes more.
11. Serve hot.



## Marshmallow Fluff with Chunky Peanut Butter

Time-25 Minutes **Ingredients** ● 4 tablespoons chunky peanut butter  
● 4 sheets filo pastry (room temperature) ● 4 teaspoons marshmallow fluff ● Sea Salt, as per taste ● 1 tablespoon butter

### Method

1. Preheat the fryer to 390 degrees Fahrenheit.
2. Lightly brush one layer of filo pastry with butter and place another layer of filo pastry over it.
3. Cut the filo pastry into four strips of the same length.
4. Take 1 teaspoon of fluff and 1 tablespoon of peanut butter and place it on one of the above strips.
5. Gently fold the tip of the strip to cover the filling.
6. Make sure that the strip has formed a triangle. Continue to fold the strip until the filling has been completely wrapped.
7. Seal the ends of the sheet with some butter.
8. Do the same with the remaining strips of filo pastry and cook in the fryer for 3-7 minutes or until they turn golden brown.
9. Sprinkle a little sea salt and serve hot.

## Mini Beef Sliders

Time-20 minutes **Ingredients** ● 3 dinner rolls ● 3 slices cheddar cheese ● ½ lb. ground beef ● Salt, as per taste ● Pepper, as per taste

### Method

1. Preheat the fryer to 390 degrees Fahrenheit.
2. Knead the ground beef and divide it into three equal portions. Now, make patties using these portions and season with salt and pepper.
3. Place the patties in the cooking basket and cook for 10-15 minutes or until done.
4. Remove the patties from the fryer.
5. Put the patties on the dinner rolls. Sprinkle the cheddar cheese over the rolls and place the rolls back in the cooking basket.
6. Cook for 1-2 minutes or until the cheese melts.
7. Serve hot.

## Spinach with Ricotta Packets

Time-20 minutes **Ingredients** ● 1 pound ricotta cheese ● 2 pounds baby leaf spinach ● ½ cup pine nuts ● 2 teaspoons lemon zest ● 8 sheets filo pastry ● Salt to taste ● Pepper to taste ● 2 eggs, whisked

### Method

1. Preheat the fryer to 350 degrees Fahrenheit.
2. Wilt the spinach using boiling water or microwave. If you are using water, remember to drain the spinach and remove all the retained moisture.
3. Dice the ricotta and nuts.
4. Add cheese, eggs, lemon zest, and nuts to a large mixing bowl and mix well. Season with salt and pepper.
5. Divide the filo sheet into three equal parts using a sharp knife.
6. Scoop out 1 tablespoon of the above-made mixture on one of the strips. Fold the strips to form a triangle.
7. Brush the packets with some olive oil and place them carefully in the cooking basket of the fryer.
8. Cook for 4 minutes or until the pastry turns golden.

## Conclusion

Thank you once again for buying this book.

The first chapter of the book gives you an idea of how remarkable and versatile an air fryer is. This kitchen appliance can help you cook many dishes in a few minutes. This makes this appliance an investment worth making. You will be able to save a lot of time when it comes to cooking complex dishes. Since the fryer uses minimal or no oil to fry the ingredients, every dish you make will be healthy.

It is important to keep the precautions in mind to avoid any grave consequences. Always keep the fryer clean to ensure that the appliance lasts longer. There are seven breakfast recipes in the book which are easy to make. These dishes are also very delicious. Remember the recipes in this book are just guidelines. **Experiment with them to make your own recipes with your special touch!**

And finally, if you liked the book, I would like to ask you to do me a favor and leave a review for the book on Amazon. Just go to your account on Amazon or click on the link below.

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Good luck and thanks again!

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